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Your essential daily news | MONDAY, APRIL 20, 2015

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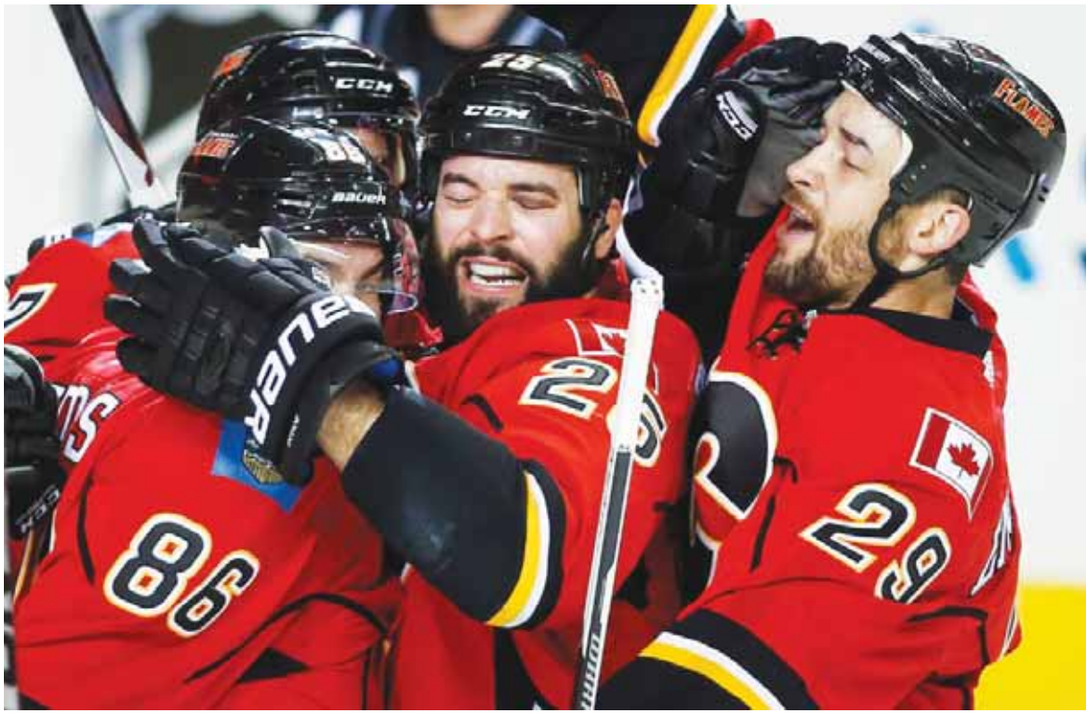

Flames net huge win at home

The Flames' Brandon Bollig, centre, celebrates his goal against the Canucks on Sunday night. The Flames won 4-2 in the team's first home playoff game since 2009. For the game, see Sports. For the fan experience, see News. JEFF MCINTOSH / THE CANADIAN PRESS

'Unethical' spending

HEALTH

Relocating AHS employees cost millions: Documents

Jeremy Nolais
Metro | Calgary

Alberta's governing health body has spent millions relocating employees both into and around the province in recent years, even doling out more than $100,000 to bring a single senior vice-president in from Ontario in one instance.

The $3.1 million total in moving expenses racked up by Alberta Health Services between April 2011 and November 2014 is being decried as "ridiculous" by the leader of the Wildrose, whose party obtained the relocation expense records through a freedom of information request and then supplied them to Metro.

"It's unbelievable, unethical and it shows the gross negligence on the part of this government," Brian Jean said.

According to an online profile, Stephen Gould moved from Mississauga, Ont., to Edmonton in September 2011 to take up the role of AHS executive vice-president of people and partners, for 25 months.

While other incoming employees broke out their costs by item — food, van rentals — Gould's provided just one line, "miscellaneous." Its total? $116,390.

AHS, however, says that it has taken steps to crack down on such expenses, introducing new guidelines in April 2013 that "cap" overall relocation expenses at 10 per cent of an employee's base salary. There are other rules too, such as limiting the total that can be charged for real-estate fees to $34,000.

For details of some of the moving expenses and more reaction, see page 8.

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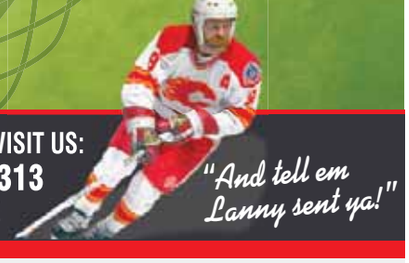

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metro NEWS

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Baby Cuban crocodiles coming home. World

POLITICS

Loughgeed-esque platform unveiled by Alberta NDP

Alberta NDP Leader Rachel Notley took a page from former Tory premier Peter Lougheed when she unveiled her party's election campaign platform in Edmonton on Sunday.

Notley said corporations that did well during the boom should be expected to shoulder more of the burden during lean times.

She said Premier Jim Prentice calls that extremist, but notes that Lougheed also supported a corporate tax increase.

Notley admitted she may have felt a bit odd at first to be agreeing with Lougheed, since her late father, Grant Notley, was NDP leader when Lougheed was premier.

"I might have originally, given my dad's historic relationship. But you know what? He had some pretty good ideas," Notley said about Lougheed. "Some of those ideas were, in order to wean ourselves off the oil revenue roller-coaster, we needed to start looking at asking corporations to pay a bit more."

She says 90 per cent of Albertans would pay less in taxes with the NDP platform than the PC plan, and she promised not to introduce a sales tax.

The platform also promises to reverse the PC government's cuts to health care and education, and introduce a job creation tax credit that would rebate 10 per cent of the wages paid to new employees.

THE CANADIAN PRESS

Jeep pins woman in parking hit and run

INJURY

Police hunt suspect who fled the scene after incident

Robson Fletcher
Metro | Calgary

Police were searching for a driver Sunday who pinned a woman beneath his vehicle before fleeing on foot.

The 34-year-old victim was taken to Foothills Hospital in serious, potentially life-threatening condition, EMS spokesman Stuart Brideaux said shortly after the incident, which happened just before noon.

Police later described her condition as critical and life-threatening.

Investigators believe the incident started with a minor collision between two cars in the parking lot outside the Dollar and Gift Bazaar in the 200 block of Saddletowne Circle NE.

The collision happened as a black 2008 Mercedes B200 was entering a parking stall while a 2003 Jeep Liberty was reversing out of an adjacent stall, according to police.

The driver of the Mercedes then got out of her car to talk with the Jeep driver, when the Jeep moved forward and dragged the woman under the Jeep's front passenger-side wheel, police said.

Police investigate the scene of a hit-and-run on Sunday afternoon. ANNA BROOKS/METRO

"He appears to have panicked a little bit, reversed again and at this point the vehicle came to rest on top of her chest," said Sgt. Colin Foster.

Police said the woman was left under the Jeep while the male driver fled on foot.

"Initial arriving police officers were able to manipulate or lift the (offender's) vehicle off of her," Brideaux said, and she was then taken to hospital.

> **He appears to have panicked a little bit.**
> Sgt. Colin Foster

Brideaux described the incident as "a very low-speed collision," but one with a "very high mechanism for injury."

Investigators remained on scene for hours Sunday, as officers continued to search for the male driver.

Police described the driver as an East Indian male in his late teens. As of press time, he had yet to be identified.

Anyone with information about the driver of the Jeep is asked to contact the Calgary Police Service's collision reconstruction Unit at 403-567-4000.

WITH FILES FROM ANNA BROOKS

WILLOW PARK

Body found outside auto shop

Calgary police continue to investigate a suspicious death after a body was discovered outside of an auto-repair shop in Calgary's Willow Park community on Saturday morning.

Police photographed and collected evidence from the scene outside of Chetlen Auto Tech and Tire, located near Macleod Trail and 99 Avenue SE.

Stuart Brideaux with Calgary EMS said at roughly 8 a.m. paramedics were called to the scene by a person they believe was showing up to work who witnessed someone "who seemed to be in distress."

When EMS arrived, a male believed to be in his 40s was found dead. They made no attempts at resuscitation.

On Saturday afternoon, Insp. Joel Matthews said the location and the fact there was some trauma to the body are factors in why the death is being investigated as suspicious and the CPS homicide unit is now the lead on the case.

Matthews said police have a tentative ID on the individual and an autopsy is set to occur early this week.

Little information was available from police, but on Saturday acting detective Martin Taylor said homicide detectives were on scene investigating. Several police officers were examining both the inside and the outside of the garage.

MORGAN MODJESKI/METRO

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Jazz Fest cues up Calgary return

Andre Wickenheiser, seen here with his trumpet along 9 Avenue SE in Inglewood Sunday, will be among the various performers at this year's event. ROBSON FLETCHER/METRO

MUSIC

After five years local jazz event returns from June 18 to 21

Helen Pike
Metro | Calgary

After five years, Calgary's Jazz Fest is ready to take back its name, as the swing rhythm festival is set to return to the city with a grassroots approach.

In 2010 the festival was abruptly cancelled, leaving artists in the lurch and fans singing the blues. The now scaled-back version is under new management, hosted by Jazz YYC, who have been taking baby steps towards a "festival" brand since 2012.

"It will be a really full four days that includes just about anything you could want," said Debra Rasmussen, president of Jazz YYC.

"To go hear some really exceptional touring artists that are on the festival circuit, to hear really up-and-coming local and provincial series, or to go out and learn more deeply about jazz either by listening in a workshop, or taking the whole family for an afternoon of free events."

What was called the Jazz Celebration, hosted by the group each summer, is having a coming-of-age party — it's grown up to take the festival name. Rasmussen said they're now confident, after having worked with venues and supporters for three years, it will be a success. She added they are still cautious not to bite off more than they can chew.

"Having taken three years to really work on doing small things well has been an important process for us," Rasmussen said. "This format has been emerging, as we've done various little mini-festivals."

This year's festivities will begin June 18 and run through to June 21, with both paid and free events fit for the whole family.

"One of those things will be our Inglewood Jazz Walk," Rasmussen said. "We've got a few other (free) events coming together as well."

She added that although funding for the paid events is secure, the organization is still raising money to beef up the free event roster for the festival.

A full list of confirmed artists will be revealed later in April.

HIGHLIGHTS

Festival showcases local, out-of-town talent

Programming director Kodi Hutchinson told Metro some of the exciting headliners will include:

- **The Pram Trio**, who recently won the TD Grand Prix de Jazz
- **Robi Botos**, accompanied by Seamus Blake
- **Hilario Durán** with the Heavyweights Brass Band
- **Mike Murley** with the ABtrio

For more information on Jazz Fest, stay tuned to jazzyyc.com.

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IN BRIEF

Flames GM respects NHL fine, stands behind coach

Calgary Flames general manager Brad Treliving said he respected the NHL's decision to fine head coach Bob Hartley $50,000 for the on-ice brawl that ended Game 2 in Vancouver but added he was "somewhat confused" by it, too.

The incident, resulted in 132 minutes in penalties and six game misconducts. Hartley was fined $25,000 for a similar incident during the 2013-14 regular season. But Treliving said he stands behind the actions of both his coach and players.

"In our view, the most dangerous incident of Friday night's events were when two players were engaged with one of ours," Treliving told reporters Sunday. "Thankfully there was no injury there. But we stand behind our coach and our players 100 per cent."

THE CANADIAN PRESS/METRO

Don't get burned by ticket scammers, mom warns

A Calgary mom is adding her own cautionary tale to the earlier warnings from Calgary Flames and Calgary police about scammers selling fraudulent playoff tickets. The local woman wrote to Metro to share her story, saying she intended to buy tickets for Sunday's game off Kijiji for herself and her son.

"I transferred $250 to this person after conversing with them through text," she told Metro in an email. "The person accepted the money then blocked me."

"Needless to say I (a single parent) won't be getting the money back that I lost. I wanted to spread this info to warn others in the city of Calgary." METRO

Flames fans revel in playoff atmosphere

POST SEASON

Tailgate party thrown outside the Saddledome

Robson Fletcher
Metro | Calgary

Calgary Flames fans welcomed the return of playoff hockey to the Scotiabank Saddledome after a six-year absence on Sunday with open arms and high hopes, but few expectations.

"I've almost got a little bit of nerves, but at the same time this whole thing is kind of like gravy because no one expected this really," said Eric Olson, a lifelong devotee of the team. "Everyone was OK with them having some rebuilding years, but now we get playoff hockey and it's incredible."

Olson, carrying a giant Calgary Flames flag on an extended pole, joined thousands of other fans, many arriving a full three hours prior to the puck drop, for a pregame "Playoff Tailgate" party outside the Saddledome.

Kids played hockey-themed games and had their faces painted in Flames colours while adults mingled in an outdoor beer garden, some watching on a large outdoor television screen broadcasting the early game between the Montreal Canadiens and Ottawa Senators.

For Derrick Sellka, who spent some time in Montreal and numerous other cities across Canada before settling in Calgary, there was no question which team was his favourite, going into the post-season.

Eric Olson, a season-ticket holder who described himself as a Calgary Flames fan "since birth," waves a giant team banner over the crowd assembling outside the Scotiabank Saddledome Sunday afternoon for a pre-game tailgate party. ROBSON FLETCHER/METRO

"I moved here about three years ago and I've been hooked on the Flames ever since," he said.

Despite less-than-stellar results in the Flames' past several seasons, Sellka said he loved the team and was "on board" with the rebuild strategy — he just didn't think it would see success so quickly.

"I thought this year would be another year where we wouldn't be as low (in the standings) as Edmonton, but we'd be pretty down there," he said, adding it felt "pretty amazing" to now have the chance to take a 2-1 series lead over the Vancouver Canucks at home, in Game 3.

> **"I moved here about three years ago and I've been hooked on the Flames ever since.**
> Derrick Sellka

"I've never seen Calgary so vibrant, other than the Stampede," Sellka added. "It's just great."

Olson echoed that, crediting a large part of it to the "no pressure" atmosphere surrounding the team's playoff run.

"It's just celebratory," he said. "There isn't a lot of expectation here. It's just a hell of a lot of fun that we get to do this again."

CINDY LOVELL

Playoffs on fan's bucket list

Cindy Lovell got to live her playoff dream Sunday and see her beloved Calgary Flames play in the post-season at the Saddledome — while she can still see.

As Metro reported last week, the former Calgary resident suffers from a degenerative eye condition that has already limited her peripheral vision and is one day expected to render her completely blind.

Watching the Flames play live in the playoffs was on Lovell's "eyesight bucket list" and as the crowd gathered at the Saddledome Sunday she could barely contain her excitement.

"I'm going to lose it! I know it! Oh, man," was all Lovell could say, while jumping up and down for joy, when asked how she was feeling a couple of hours before the opening face-off.

A fan since high school, Lovell hoped to score hard-to-get tickets to a home Flames playoff game and, after reading her story, a sports-memorabilia store owner named Jason Bobbitt hooked her up with two seats. Her childhood friend, Jenny Jardine, who took Lovell to her first Flames game when they were both in high school more than 20 years ago, accompanied her to Sunday's game, as well. ROBSON FLETCHER/METRO

Cindy Lovell, right, and Jenny Jardine outside the Scotiabank Saddledome on Sunday. ROBSON FLETCHER/METRO

Calgarian aims for 49 poutines in 7 days

Kyle MacQuarrie powers down a poutine at the Diner Deluxe in Aspen Landing. ANNA BROOKS/METRO

POUTINE WEEK

Charity will give a person in need a free meal for each

One crazy Calgarian is preparing for the food challenge of a lifetime: scarfing down 49 poutines in seven days.

In the spirit of Poutine Week, Kyle MacQuarrie said he's on a mission to inhale as many poutines as he can before the week is out. MacQuarrie has a reputation as an extreme eater, downing 30 pizzas during Pizza Week last fall, but he said he expects poutine to be his greatest food challenge yet.

"It's such a dense food," MacQuarrie said. "I have no doubts this is definitely going to be the hardest."

MacQuarrie also slammed back almost 40 Calgary Stampede breakfasts over the course of 10 days last year.

He said it's not just the density of the poutine that presents a challenge — it's the portion sizes.

After chowing down Wurst's infamous (and gigantic) duck poutine the first day of the challenge, MacQuarrie admitted the task might be more daunting than he anticipated.

"Until Saturday, I had no idea what portion sizes would be," he said. "If I can get half portions at places, I'm confident I can do it. If I'm having to eat the full-sized portions, it will be very much up in the air."

Making his epic poutine adventure about more than just a stomachache, for every poutine MacQuarrie eats the charity Mealshare will provide a person in need with a free meal. ANNA BROOKS/METRO

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CALGARY EXPO **WHAT MAKES YOU A GEEK?**
Stars at the Calgary Comic and Entertainment Expo, like Ian Ziering seen here, sat down with Metro during the 10th-anniversary event this past weekend. We asked them one important question: what makes you a geek? See answers for a handful of them at metronews.ca. CANDICE WARD/FOR METRO

IN BRIEF

Road closures hamper morning commute

Morning commuters are more bogged down than usual today with continued road closures on Centre Street N.E. due to utility repairs.

An emergency sanitary line repair over the weekend continues to reduce traffic down to one lane in either direction between 10th and 11th Avenue N.E. With the flood of early morning drivers heading into the downtown core, Centre Street is closed in order to open up two southbound lanes until 8:30 a.m. Centre Street is expected to be back open by 3 p.m.

Northbound Centre Street between 38th and 41st Avenue N.E. is also down to one lane of traffic while a water-main break is being repaired. After 9 a.m., Centre Street is expected to be re-opened in this area to allow one lane of traffic in each direction. METRO

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Watchdog flags AHS funds

PUBLIC SPENDING

Alberta Health says relocation pay vital for recruitment

Jeremy Nolais
Metro | Calgary

Fiscal hawks are suggesting tens of thousands in moving-expense reimbursements for incoming Alberta Health Services employees are simply being spent to prop up salary earnings.

Scott Hennig with the Canadian Taxpayers Federation said the maximum cost his organization incurs to move its own employees from coast to coast would be $5,000.

He noted too that moving an AHS employee named Janet Young from Glasgow, Scotland, to Calgary at a cost of $9,943 seems reasonable but also lends to the "ridiculousness" of spending more than $116,000 to move vice-president Stephen Gould in from Ontario.

Relocating president and CEO Victoria Kaminski from Newfoundland cost $23,329. METRO FILE

"There's no way it cost that much, unless he had a collection of gold bars he had to move," Hennig said.

He said it's likely the top-end expenses were forked over as incentive to employees that were recruited, rather than to those who applied for a position.

Hennig also questioned what steps the health body takes to ensure that a recruited employee is going to stick with the organization. In a statement, however, AHS said relocation assistance is provided only if a new employee signs a 12-month service agreement. If the employee violates the agreement, they're required to reimburse AHS on a pro-rated basis.

To get a sense of the costs associated with moving, Metro phoned around to some Calgary companies to inquire about a standard relocation to the city from Lethbridge.

Patrick Flanagan, part owner and supervisor of Aarrand Moving and Delivery Ltd., said his outfit would pack a five-to-six bedroom house in Lethbridge from top to bottom and transport the contents to Calgary for somewhere between $7,000-$10,000.

Even the cap introduced by AHS in 2013 that limits moving expenses to 10 per cent of an employee's base salary isn't enough, said Wildrose Leader Brian Jean. He said the 67 pages of AHS relocation expense documents obtained by his party for the period between April 11 and November 2014 give clear indication that there's no consideration for the taxpayer.

"Does that mean you get a job with Alberta Health Services and you're immediately relocated at the cost to taxpayers?" Jean said. "I know a lot of people that come to Alberta, and those people have to move themselves here, pay for their own moving expenses, and they work for the private sector."

RESPONSE

AHS maintains that relocation assistance for employees moving more than 100 kilometres is an "important recruitment tool" but said strict guidelines are in place to keep costs in check.

$59,892

Joan Campbell: real estate, legal, incidental relocation
Moved in 2012 to be executive director of addictions and mental health for the Calgary Zone and retired in 2014.

$34,504

Brad Dorohoy: miscellaneous expenses
Moved from Dubai to be executive director and acting VP for talent management strategies.

$32,307

Rick Trimp: condo rental, vehicle inspection, undisclosed expense
Named co-CEO in 2013 and then left the organization entirely in October 2014.

$30,000

Jim McDade: miscellaneous
Moved to Calgary to become AHS chief technology officer and VP. Moved to Ontario less than two years later.

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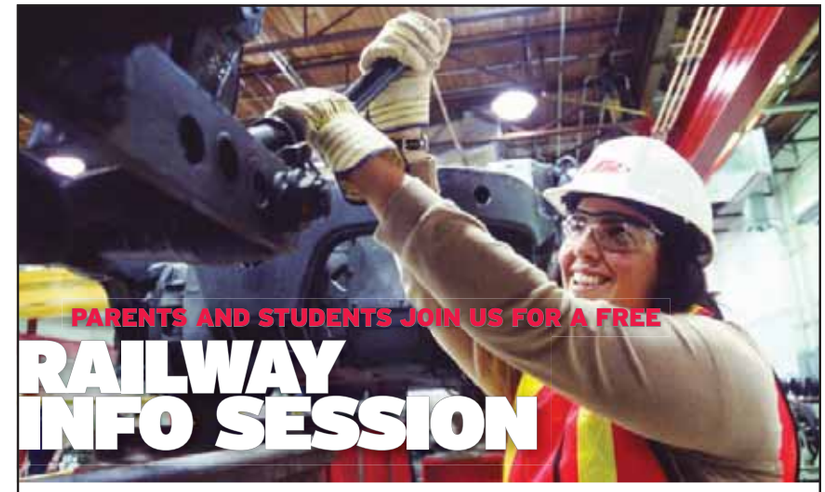

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SAIT POLYTECHNIC

Juan Carlos Enciso sits bravely in the dentist chair as he gets his teeth worked on. Enciso was one of 48 children who received free care at the Smiles Dental Clinic Sunday.
ANNA BROOKS/METRO

Youth in need receive free dental

HEALTH CARE

Many kids show up with serious pain, infections

Anna Brooks
Metro | Calgary

Free dental care isn't something most families can pass up.

And for the growing number of youth on wait lists for dental services they aren't typically able to afford, a day of free care from Smiles Dental Clinic at SAIT made all the difference.

Carmen Sheridan, academic chair of health and public safety at SAIT, said by forming a partnership with the Alex Community Health Centre, the dental clinic was able to provide free dental services on Sunday for low-income families.

She said many kids show up either in serious pain or with infections, and without restorative care they would face serious dental complications in the future.

"It's irreversible what they're dealing with," Sheridan said. "If it's not taken care of, it's going to get worse. There was a need and we have the space here."

Denise Kokaram, program lead for the Alex Dental Bus, said after visiting more than 30 schools last year with their free on-board dental service, they found 54 per cent of children had some type of dental issue.

"We're seeing hundreds of children with a high decay rate," Kokaram said. "We're really looking to work with disadvantaged populations because they can't afford to go anywhere else for dental care."

SAIT dental student Breanne Stoll said the free clinic was also an opportunity to get some hands-on experience with restorative dental care not normally seen in a classroom setting.

"You get to fully see a procedure from start to finish, which is rare for the restorative part of dentistry," Stoll said. "It was really neat to see such a mixture of everyone out."

KINGSTON, ONT.

Arrest made in two-decade old sex assault

Morgan Modjeski
Metro | Calgary

Police in Kingston, Ont. arrested a 53-year-old Kingston man in connection with a sexual assault and kidnapping that took place in Calgary in 1995.

According to a release from police, the arrest took place after a standoff and hostage situation in Kingston on Saturday.

The arrest comes approximately 20 years after a sexual assault that happened at roughly 5 a.m. on March 28, 1995, when a woman in her 50s was assaulted and kidnapped by a man who forced his way inside a closed restaurant in the 1100 block of Macleod Trail South.

Police said the man assaulted the woman, who was working in the restaurant at the time, and then forced her into her own vehicle behind the store, driving her to the outskirts of Calgary's city limits.

The man, whom police identified as Wayne Howard Bernard using DNA evidence, is alleged to have left the victim on the side of the road after sexually assaulting her. He then fled in her vehicle, according to police.

The victim eventually managed to wave down a passerby who drove her home and called 911.

Police said an "extensive" investigation was undertaken by the sex crimes unit, but officers were unable to identify the offender until now.

Bernard is facing numerous charges including sexual assault, sexual assault with a weapon, kidnapping, and commercial break and enter.

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The Rocky View Junior Derby Association started up in 2013 and has since grown to about 38 members. GREG HARDER/CONTRIBUTED

Roller derby leagues seeking more kids

RECREATION

Sport's rough reputation scaring off parents

Roller derby is a sport that elicits images of rough-and-tumble women skating the tracks and looking for opportunities to clothesline their opponents, but junior derby leagues in the Calgary area are trying to get away from the rough-rolling facade to show parents what the sport is really all about.

Leagues in the Calgary area have been rolling for a few years and the momentum is building, but members told Metro what's really holding them back is a lack of understanding and fear from parents that derby is a violent sport.

"It's a huge barrier. As soon as you say 'roller derby' to people, they see visions of the televised '80s where you're clotheslining, ... flipping over rails and all that," said Michele Serpanchy with Southern Alberta Junior Roller Derby League.

Adena Cheverie, spokesperson for the Rocky View Junior Derby Association, said they were prepared for the worst at their launch, but so far the sport has been well received.

"Once parents stop by to check out a practice and have a chat with us, we typically hear from them within a couple of days to sign up their kid," Cheverie said.

Serpanchy said junior derby is like Timbits soccer, but on wheels. It's more affordable than hockey and once you buy a start-up kit with skates and pads — which runs at about $300 — there are plenty of opportunities to swap and trade within the community.

"The gear is the biggest cost," she said. "It's a learn-to-skate program."

Serpanchy said her group started at about 15 members and has since doubled to more than 30. But because of low participation and costs, leagues can't yet meet in Calgary itself.

The Rocky View kids range in age from six to 16, and they're sitting at about 38 skaters.

HELEN PIKE/METRO

MORE INFO

Both junior leagues will be making an appearance at the Calgary Roller Derby Association season opener. More information can be found at calgaryrollerderby.com.

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Armed U.S. guards may be stationed in Canadian cities

SECURITY

Ports, stations and crossings all possibilities

Armed U.S. border guards could soon be posted in Canada — and if they ever use their guns, they may not be held accountable in a Canadian court.

A border preclearance agreement signed last month by Public Safety Minister Steven Blaney and U.S. Secretary of Homeland Security Jeh Johnson allows armed American border guards to be posted to any port, ferry terminal, land crossing or rail station to clear goods and passengers through customs and immigration before they cross the border.

While U.S. Customs and Border Protection (CBP) officers now preclear passengers at eight Canadian airports, only police may carry firearms in airports, so border agents stationed there aren't armed. The deal is promoted as a measure to facilitate trade and benefit the economy on both sides of the border, but critics are concerned about a clause granting U.S. agents immunity from Canadian prosecution.

"If U.S. government agents who are on duty on Canadian soil are only going to be liable to be prosecuted in the United States for potential criminal acts in Canada, what does that mean for access to justice for people affected by those actions?" asked Josh Paterson, executive director of the B.C. Civil Liberties Association.

"Is a Canadian really going to be able to access whatever system of redress that might exist in the United States for actions that take place here in Canada?"

Details of the agreement, not yet public, are limited. The number of U.S. guards coming to Canada and where they will be posted will be determined by "the market" and subject to approval by both countries, said Public Safety Canada's spokesperson Josée Sirois.

"U.S. CBP preclearance officers would be authorized to carry the same weapons and restraint devices that (Canadian) border officers are permitted to carry in the same operating environment," Sirois wrote in an email. "That means that they would be able to carry a sidearm in land, rail and marine preclearance operations, but not when pre-clearing air travel passengers."

U.S. guards would not be permitted to make arrests, she said, but could detain suspects and call local police.

Legal scholars worry about the ramifications of the agreement, though none of those contacted by Torstar News Service would offer an opinion without seeing more details of the deal.

TORSTAR NEWS SERVICE

Commuters walk to their trains at Toronto's Union Station, the heart of VIA Rail travel, in 2013. An agreement between Canada and the U.S. could see armed U.S. border guards at Union Station, and other places in the country. IAN WILLMS/GETTY IMAGES

AGREEMENT

The deal won't come into effect until both countries ratify it, which Canada aims to complete next year.

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EXPENSE SCANDAL

At least 74 Conservative MPs counted on Duffy

It seems everyone wanted a piece of Sen. Mike Duffy. At least 74 former and current Conservative members of Parliament leaned on Duffy at one point or another to appear at their events, record messages for supporters or stump for them on the campaign trail, documents released at the suspended senator's trial indicate.

Duffy also did work for Ontario, Nova Scotia and Prince Edward Island Tories and several unsuccessful federal Conservative candidates. His daily diaries for 2009-2012, now a courtroom exhibit, illustrate the full extent of Duffy's celebrity status while in the party's good graces.

Duffy is facing 31 charges of fraud, breach-of-trust and bribery. Eighteen of those charges deal with travel expenses claimed by Duffy, some of which involved travel to partisan events.

His defence has made the case that such partisan activities are an integral part of a senator's parliamentary functions, as stated in the Senate's administrative rules. Lawyer Donald Bayne has also emphasized how much the party leadership bought in to what he was doing.

"To Duff, a great journalist and a great senator," reads one photo entered into evidence, inscribed by none other than Prime Minister Stephen Harper, that shows the two of them together at an event. During one stretch in the summer of 2009, Duffy went to 10 political events in 18 days.

The amount of time Duffy spent travelling and working for his colleagues and the party brass might explain the lengths that the Prime Minister's Office initially went to in order to shield his living-expense claims from scrutiny. THE CANADIAN PRESS

DUFFY'S DUTIES

Some of the duties that Duffy performed:

- Participating in "tele-town hall" calls, in which MPs speak to large numbers of constituents at once
- Visits to Conservative riding association meetings and events
- Shooting videos and messages for the Conservative party
- Appearing in photographs

IN BRIEF

New B.C. law aims to put an end to service-dog fraud

Dogs have long been recognized as man's best friend, but a new law set to take effect in British Columbia later this year is hoping to ferret out the fraudsters in their midst. The province's newly revised Guide Dog and Service Dog Act is thought to be among the first in Canada to tackle the subject of service-animal impersonation, an issue that experts say has escalated sharply. While there are no available numbers documenting the problem, service-dog trainers and owners alike say their circles are abuzz with anecdotes of people putting official-looking paraphernalia on pet dogs hoping they could then enjoy the same broad access rights as certified service animals. THE CANADIAN PRESS

Learning to eat on the cheap

LIVING BELOW THE LINE

Follow Metro's Gilbert Ngabo as he attempts to live on just $1.75 a day for one week

Gilbert Ngabo
Metro | Toronto

Elia Herrera says she has seen people live on much, much less than $1.75 a day, the amount that conventionally defines the poverty line.

"I come from Mexico and I have known people who live on almost nothing because they have no choice," said Herrera, executive chef at Los Colibris restaurant in downtown Toronto.

She is one of dozens of chefs around the country who are partnering with Live Below the Line, an initiative that is challenging Canadians to experience life on $1.75 a day for a week. It's a campaign to raise awareness of global poverty and raise funds for charities that work to alleviate it.

As willing Canadians take on the challenge — which officially kicks off April 27, although many have started earlier — Herrera and other chefs have come up with menus that can accommodate that tiny budget.

"It's amazing how much you can actually save when you live on cheap ingredients," said Herrera, who moved to Canada 11 years ago.

The menu she developed includes breakfast, lunch and dinner. For just 52 cents, you can get a "Quesadilla De Hongos" or mushroom quesadilla. Ingredients include tortillas, half a cup of shredded mozzarella, half a cup of sliced button mushrooms, four cloves of garlic and pico de gallo. Or pay 59 cents and get an "Enfrijoladas," a black-bean puree with some scrambled eggs, tortillas and half a cup of Cotija cheese. Her menu also includes instructions on how to make the food on your own.

"The important thing here is to be able to help people who are less fortunate," said Herrera. "We are very lucky that we can always eat. The minimum we can do is to always give back to the world."

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LIZ BEDDALL/METRO

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Video shows ISIL killing Ethiopian Christians

LIBYA

Victims likely migrants hoping to reach Europe

This still from an undated 29-minute video released by ISIL militants Sunday shows captured Ethiopian Christians in eastern Libya being taken to a beach before being beheaded. The same video shows another group of captives being shot by ISIL militants in the south. A masked ISIL fighter delivers a long statement in the video. MILITANT VIDEO VIA THE ASSOCIATED PRESS

ISIL militants in Libya shot and beheaded groups of captive Ethiopian Christians, a video purportedly from the extremists showed Sunday. The attack widens the circle of nations affected by the group's atrocities while showing its growth beyond a self-declared caliphate in Syria and Iraq.

The release of the 29-minute video comes a day after Afghanistan's president blamed the extremists for a suicide attack in his country that killed at least 35 people — and underscores the chaos gripping Libya after its 2011 civil war and the killing of dictator Moammar Gadhafi.

It also mirrored a film released in February showing militants beheading 21 captured Egyptian Christians on a Libyan beach, which immediately drew Egyptian airstrikes on the group's suspected positions in Libya. Whether Ethiopia would — or could — respond with similar military force remains unclear.

Ethiopia long has drawn the anger of Islamic extremists over its military's attacks on neighbouring Somalia, whose population is almost entirely Muslim. While the militant in the video at one point said "Muslim blood that was shed under the hands of your religion is not cheap," it did not specifically mention the Ethiopian government's actions.

The video, released via militant social media accounts and websites, could not be independently verified by The Associated Press. However, it corresponded to other videos released by ISIL and bore the symbol of its al-Furqan media arm.

The video starts with what it called a history of Christian-Muslim relations, followed by scenes of militants destroying churches, graves and icons. A masked fighter brandishing a pistol delivers a long statement, saying Christians must convert to Islam or pay a special tax prescribed by the Qur'an.

It shows one group of captives, identified as Ethiopian Christians, purportedly held by an ISIL affiliate in eastern Libya known as Barqa Province. It also shows another purportedly held by an affiliate in the south calling itself the Fazzan Province. The video then switches between footage of the captives in the south being shot dead and the captives in the east being beheaded on a beach. It was not immediately possible to estimate how many captives were killed or confirm their identities.

In Ethiopia, government spokesman Redwan Hussein said officials were in contact with its embassy in Cairo to verify the video's authenticity. Hussein said he believed those killed likely were Ethiopian migrants hoping to reach Europe. Libya has become a hub for migrants across Africa hoping to cross the Mediterranean to enter Europe for work and better lives.

"If this is confirmed, it will be a warning to people who wish to risk and travel to Europe though the dangerous route," Hussein said.

Abba Kaletsidk Mulugeta, an official with the Ethiopian Orthodox Tewahdo Church's Patriarchate Office, said he also believed the victims likely were migrants.

THE ASSOCIATED PRESS

> **Our fellow citizens have just been killed on a faith-based violence that is totally unacceptable.**
> Abba Kaletsidk Mulugeta

MIGRATION CRISIS

Europe shocked as boat sinks off Libya

A smuggler's boat, crammed with hundreds of people, overturned off Libya's coast as rescuers approached, causing what could be the Mediterranean's deadliest known migrant tragedy and intensifying pressure on the European Union Sunday to finally meet demands for decisive action.

Italian prosecutors said a Bangladeshi survivor flown to Sicily for treatment told them 950 people were aboard, including hundreds who had been locked in the hold by smugglers. Earlier, authorities said a survivor told them 700 migrants were on board. It wasn't immediately clear if they were referring to the same survivor, and Premier Matteo Renzi said Italian authorities were "not in a position to confirm or verify" the death toll.

Eighteen ships joined the rescue effort, but only 28 survivors and 24 bodies were pulled from the water by nightfall, Renzi said.

These small numbers make more sense if hundreds of people were locked in the hold, because with so much weight down below, "surely the boat would have sunk," said Gen. Antonino Iraso, of the Italian Border Police, which has deployed boats in the operation.

Prosecutor Giovanni Salvi told The Associated Press by phone from the city of Catania that a survivor from Bangladesh described the situation on the fishing boat to prosecutors who interviewed him in a hospital. The man said about 300 people were in the hold when the fishing boat overturned, and that about 200 women and dozens of children also were on board.

Salvi stressed that there was no confirmation yet of the man's account and that the investigation was ongoing.

THE ASSOCIATED PRESS

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Two adult Cuban crocs in their enclosure at the Skansen zoo in Stockholm. THE ASSOCIATED PRESS

Swedes gift baby crocs to Cuba

NATURE

Endangered animals leave zoo for release into swamp

Cuba's efforts to sustain the critically endangered Cuban crocodile are getting a boost from Sweden, home to a pair of reptiles that Fidel Castro gave to a Soviet cosmonaut four decades ago.

A Stockholm zoo sent 10 of the couple's children to Cuba, where they will be placed in quarantine and eventually released into the Zapata Swamp, said Jonas Wahlstrom, the zookeeper who raised them.

"It's the dream of any zoo director to be part of releasing animals into the wild," said Wahlstrom, 62, clutching one of the stout-legged youngsters outside its enclosure at the Skansen aquarium and zoo in Stockholm. The 10 crocodiles are each about 1-1/2 years old and a metre long.

The Cuban crocodile, once found across the Caribbean, is restricted today to two swamps in Cuba, where it is threatened by interbreeding with American crocodiles, habitat loss and illegal hunting.

Wahlstrom said he received his original couple during a 1981 trip to Moscow. They had ended up in the Soviet capital after Castro gave them to cosmonaut Vladimir Shatalov in the 1970s as a token of friendship between the communist nations.

"He (Shatalov) brought them back to Moscow and he had them in his flat until his wife said: 'No more!'

And then he had to give them to the zoo in Moscow," Wahlstrom said.

But the zoo officials didn't have a good space for the aquatic reptiles, so they asked Wahlstrom if he could take them to Sweden.

"I had them as my hand luggage back from Moscow," Wahlstrom said.

Zoo officials in Moscow confirmed the background of the crocodiles and their handover to Wahlstrom.

Later named Hillary and Castro — in a nod to international politics — the two crocodiles have become a star attraction at Wahlstrom's zoo, where they have been breeding since 1984.

Wahlstrom said he's sent hatchlings to zoos worldwide, but this is the first time he's given any to Cuba for introduction into the wild.

Cuba's representative to Sweden welcomed the move.

"We need this type of crocodile," Cuban Ambassador Francisco Florentino said as he inspected the animals before their departure Sunday. This would be the first time that Cuban crocs raised abroad are introduced to Cuba. THE ASSOCIATED PRESS

AGRICULTURE

Almonds take heat in California drought

California almonds are becoming one of the world's favourite snacks and creating a multibillion-dollar bonanza for agricultural investors. But the crop extracts a staggering price from the land, consuming more water than all the showering, dish-washing and other indoor household water use of California's 39 million people.

As California enters its fourth year of drought and imposes the first mandatory statewide water cutbacks on cities and towns, the $6.5-billion almond crop is helping drive a sharp debate about water use, agricultural interests and how both affect the state's giant economy.

Almonds have claimed the spotlight as "the poster child of all things bad in water," almond grower Bob Weimer said.

People around the world are eating over 1,000 per cent more California almonds than they did just a decade ago, and last year almonds became the top export crop in the nation's top agriculture state. China's booming middle class is driving much of the demand.

That strong Asian market is producing up to 30 per cent returns for investors, prompting agri-businesses to expand almond planting in the state by two-thirds in the past decade. The crop has come to be dominated by global corporations and investment funds.

Rows of almond trees now cover nearly 400,000 hectares in California, many of them on previously virgin hillsides or in pastures or desert with little local water. Since each nut requires a gallon (3.8 litres) of water, almonds are consuming 1.07 trillion gallons (4.06 trillion litres) annually,, one-fifth more than California families use indoors. THE ASSOCIATED PRESS

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NEW DELHI ANGRY FARMERS PROTEST NEW LAND RULES Tens of thousands of farmers rally in India's capital Sunday to protest the government's plan to ease rules for obtaining land for industry and development projects. Prime Minister Narendra Modi said existing rules, established in 2013 to protect land owners from land-grabbing and forced relocation, were creating obstacles that were spooking investors and should be simplified to attract foreign business and boost manufacturing in India. Modi passed an executive order in December, doing away with some of the rules. ALTAF QADRI/THE ASSOCIATED PRESS

Oil dip dims hope of budget goodies

FEDERAL BUDGET

Lobbyists told to put 'water in their wine' with requests

As last autumn's colours were setting in, veteran Ottawa lobbyist Dan Kelly was confident the spring would produce a federal budget surplus with ample room for announcements.

But following a long winter, the head of the Canadian Federation of Independent Business is approaching Tuesday's election-year budget with his hopes somewhat in check.

Only about six months ago, the Harper government's surplus kitty for budget day goodies in the 2015-16 fiscal plan was said to have swelled to $6.5 billion, Kelly said.

Cabinet ministers, who had waited years for a balanced budget, were salivating at the thought of being able to spend money for once. Now, they're waiting to see if there are any leftovers for their departments.

By October, everything started to change. First, the Conservatives unveiled their long-promised family tax-and-benefit package expected to carve $4.6 billion in revenue out of public coffers. Then, the weeks that followed brought the plunge in world oil prices, a crash Ottawa has predicted will indirectly chew billions of dollars from its bottom line.

Today, the surplus cupboard is bare and the Conservatives had to scramble to deliver on a long-held pledge critical to their re-election hopes: a balanced 2015-16 budget.

The finance minister has indicated the budget's $3-billion contingency reserve — designed as a cushion against unforeseeable events like natural disasters — could be in play.

Kelly, who had 20 or 30 budget-related meetings over the past year with officials, said the government's shift in tone was impossible to miss.

"With the oil-price decline you could feel it in meetings," he said of his exchanges with the government. "They've been pretty careful to try to make sure that every group that's out there with a budget request puts some water in their wine."

THE CANADIAN PRESS

FLIP SIDE

Cheaper oil turns focus on manufacturing sector

The president of the powerful lobby group, the Canadian Manufacturers and Exporters, believes the oil-price slide may have helped his cause. Jayson Myers said governments are looking to manufacturing and export industries to help lift the country's economic fortunes, particularly as the energy and commodity sectors struggle and consumer spending shows signs of maxing out.

THE CANADIAN PRESS

MEXICO

Canadian miners weigh risks

The recent armed robbery of $10.7 million US worth of gold from Canadian-owned McEwen Mining's El Gallo mine has cast a spotlight on the risks of operating in Mexico.

Last month, four employees from Canadian-based Goldcorp were kidnapped while heading home in a personal vehicle. Three were later found dead. And in February, four workers at Torex Gold Resources, also a Canadian company, were among 13 people kidnapped near the company's Morelos gold project.

Alejandro Schtulmann at the Mexican risk analysis firm EMPRA says Mexico's large cartels are fracturing, leading to the creation of hundreds of smaller organizations that are fighting each other and extorting mining projects to get cash to meet their objectives.

THE CANADIAN PRESS

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Your essential daily news
Monday, April 20, 2015

#MYMETRO

Al Donato, 21, Ryerson University student in Toronto

What are you doing?
I'm catching up on news before heading into the misery that is academia — I have an exam in an hour.

What do you like best about Toronto?
Our multiculturalism.

What are you listening to right now?
Earned It by The Weeknd (who also happens to be from Toronto.)

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper. We'll repost you and feature a reader pic from across Canada in this spot every Monday.

Time to accommodate the tiny-home trend

KLASZUS' CALGARY
Jeremy Klaszus

The City of Calgary is aiming for a more compact urban form. Just don't make your footprint too compact, or you'll get hassled.

Ask homeowner Nancy Shadlock, who was recently served with an eviction notice at her Bowness home — which happens to be the size of a broom closet.

Okay, it's not that small. But at 200 square feet, it's pretty wee.

Shadlock has embraced the tiny-house movement, a trend toward architecturally interesting, affordable, easy-to-move homes that pack a lot of creative functionality into a small space.

The bed is in a small loft over the kitchen, the fridge is tucked under the stairs and the whole outfit can be pulled behind a truck.

There are a lot of benefits to tiny houses, not just for their inhabitants, but for the rest of the world, too. Tiny houses use less energy and require far less land than a single-family home, or even a small townhouse.

Tiny houses embody, to the extreme, the goal of a compact city, a key component of Calgary's Municipal Development Plan ("direct future growth of the city in a way that fosters a more compact, efficient use of land").

Tiny houses are not for everyone. But if you were the City of Calgary, wouldn't you want as many people as possible to embrace this trend — especially when compactness is one of your stated goals?

When the city was hammering out the Municipal Development Plan six years ago, home builders and their allies on city council fought new density targets on the grounds that Calgarians should be able to get any kind of housing they want.

If people want to live in large homes with large yards, why, they should get them. The market is sacrosanct, that was the gist.

That may change as the market sees a growing market for tiny houses.

In the meantime, Shadlock faces eviction on a silly technicality: Her tiny house has wheels, and therefore she's considered to be living in an RV under city bylaws.

But Shadlock's home is no eyesore camper van. Artfully designed and lovingly crafted, it exudes a sense of playfulness and creativity. You can see for yourself how it was built on her blog at: margosadventures.wordpress.com.

She named the house Margo, after her late grandmother. She built it with help from her father, other family and friends.

With its exterior of corrugated tin and bright red siding, Margo is interesting to look at — much more so than the unimaginative cookie-cutter houses many developers throw up with the city's full blessing.

Most Calgarians seem to agree.

"I have been deeply moved by the support and solidarity I have felt from my new community," Shadlock blogged after Metro broke the news of her eviction notice last week (she had moved here from Vancouver).

"This feels like the perfect place to be doing this in, because my Bownessian friends are tough and passionate people who respectfully fight for justice in many areas of life."

Fight on! Calgary could use more Margos, not fewer.

ROSEMARY WESTWOOD

metroview

When people think about trans, they think about genitals

Laverne Cox is one sexy woman.

The Orange is the New Black star lounged nude on what looks like luxurious linen for a photo shoot in the May issue of Allure magazine, a statement as much about trans as it is about sex.

Then there's Aydian Dowling, a transgender male model who's the front-runner in a competition to grace the cover of Men's Health magazine in November (also, may I say, quite attractive).

The trans community now has mainstream sex symbols — amen to that. This is a trans moment, a crescendo of news coverage where sex icon is a next step toward mainstream acceptance, twisted as that might be.

I want that acceptance for trans people, even if we have to wade through some dirty media coverage to get there.

Like that of Bruce Jenner. I never watched him in Keeping Up With the Kardashians, but I plan to watch him being interviewed by Diane Sawyer this weekend about the very loud rumours that he's transitioning. Jenner has confirmed nothing, but media are having a field day, photoshopping makeup onto his face, pestering his children about his gender, using trans jokes as headlines.

Canadian trans activist and writer Christin Milloy told me it's "disgusting." But don't blame Jenner. You can't ask a Kardashian (even one by marriage) to avoid making a public spectacle. And Jenner has every right to come out the way he wants.

The blame lies with us, for putting our own fascination with trans people over respect for them.

Milloy described it both as a curiosity with gender roles themselves, which none of us fit perfectly, and also "a misguided sexual fascination. When people think about trans, they instantly think about genitals."

But not all press coverage stoops to those lows. Stories about a teen's suicide in Ohio and how a transgender girl is getting support from her parents in Ottawa give a face to trans issues that can change minds.

"It's easy to hate an abstraction, it's much harder to hate real people," as Matthew Breen, editor in chief of the well-respected LGBT magazine The Advocate, noted.

For Cox, posing nude was a way to empower others. "Trans women certainly are not told we're beautiful," she told Allure. "Seeing a black transgender woman embracing and loving everything about herself might be inspiring to some other folks."

It's a laudable goal. I don't often tell people to go look up nude photos. But this is one of those times.

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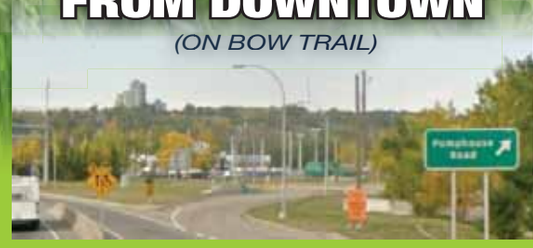

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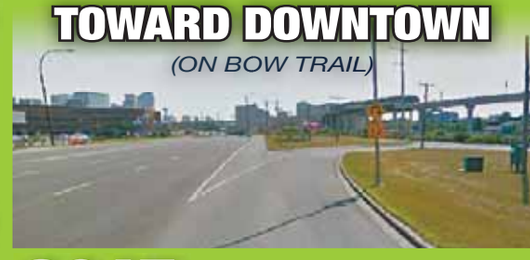

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Shad stands on guard for q

RADIO

Musician ready to push himself to save CBC's flagship show

Rosemary Westwood
Metro | Toronto

It's Day 1, the beginning of the answer to the question: Can Shad save the show formerly known as Q?

Months of rotating hosts have sustained it, but the CBC's flagship arts program — rebranded as q — is in desperate need of someone with the charisma that Jian Ghomeshi once brought. Someone to draw out the array of characters that rotate through that studio. Someone, in Shad's words, who can connect.

"This show is less about hard 'J' journalism, more about a heart-to-heart kind of conversation," he told Metro during an interview in the days after he was announced as q's new host.

He's had little more than a month to prepare and to shake off the nerves that seemed to take hold of him that day as he stood in the cavernous CBC headquarters, the iconic CBC emblems and faces of CBC stars all around him. Except, of course, Ghomeshi's.

"One thing he did is he brought his curiosities to the interview on a personal level," Shad said when asked if there was something he could learn from Ghomeshi's style as an interviewer.

"You could tell he was invested in the answer, like you might have the answer for me, for me personally, you know?"

In a T-shirt and hoodie, and a lopsided toque, Shad put on few airs. He had a direct gaze and a natural ease, little interested in being a celebrity, it seemed, and little interest, he said, in the celebrity of others.

"Celebrity has power, but I think the show is about more profound stories.

"I'm not interested in a show about celebrity, and I don't think the team is interested in a show about celebrity," he said.

The CBC might disagree.

Landing big-name guests has been a crucial part of its success on both side of the border.

Shad also said he doesn't think q needs to pander to its large and important American audience.

"I think you can have a Canadian show that still connects with American audiences," he said.

Shad says his success as q's host will be a measure of his own abilities and risk taking. LIZ BEDDALL/METRO

> **This show is less about hard 'J' journalism, more about a heart-to-heart kind of conversation.**
> Shad on the mandate of q

For the CBC, much rides on whether Shad will live up to hype as q's new champion. He himself said he hardly knows what to be afraid of, walking into the show with little experience as a broadcaster or host. There will be ratings to measure his success and the feedback of q staff.

For Shad, success will be a measure of his own abilities: "Am I pushing myself to ask the questions that Canadians need answers to? Am I pushing my talent and my courage? Am I taking risks? Am I scared half the time?"

But it will be Canadians who ultimately judge him, and find Shad q's saviour, or not, starting today.

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WORKSPACE

De-cluttering helps productivity flow

Whether you work from home or in a cubicle, one thing is almost always certain — a messy desk has a way of interrupting our workflow. Want proof? A 2011 study out of the Princeton Neuroscience Institute found that cluttered, untidy environments impair our ability to stay on task.

Office organizing expert Kacy Paide says the mess will continue distracting you until you address it.

"There's this nagging voice in the back of most people's heads that makes them feel guilty if they're not organizing," she says.

Before you start trashing stuff, you first need to do an audit of what's actually in your workspace. In other words, pinpoint where the biggest concentration of junk is.

"I always teach people about the power of grouping like with like," says Paide. "It's an easy, open-ended method that can be as simple as separating paper from office supplies."

Once you start creating piles, you'll naturally see what's making up the bulk of your clutter.

From there, let the piles lead your to-do lists. For example, you'll likely have a pile of paper that requires some sort of action (like a phone call or a bit of research).

After you've identified the clutter and cleared it away, you'll be left with the things that can either be stored or displayed on your desk for easy access. MARIANNE HAYES/METRO IN NEW YORK

Identify clutter and clear it away. ISTOCK

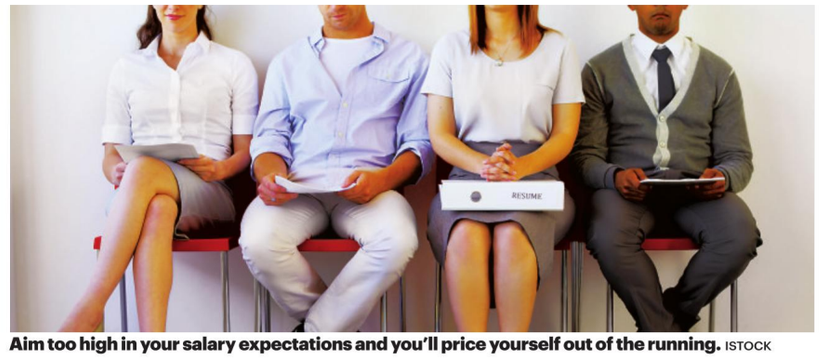
The magic money talk

NEGOTIATION

Sussing out a salary can be stressful — don't let it be

OFFICE RELATIONS

Eleni Deacon



Aim too high in your salary expectations and you'll price yourself out of the running. ISTOCK

You're in the home stretch of your second interview for a golden-opportunity job. You've aced every answer and made your potential boss laugh. There's one issue, however, that must still be addressed: your salary expectations. For many interviewees, this is a question to dread. But talking pay should not cause pain.

Which is not to say that articulating salary expectations is simple. Aim too high, and you price yourself out of the running. Stoop too low, and you'll not only look inexperienced — you'll also corner yourself into a ho-hum income. You want to find your salary sweet spot: a figure that both you and your prospective employer find fair. But without knowing what's on offer, how can you name your range?

First, do your research. There are several websites that calculate loose — if not entirely reliable — guidelines for the pay scales in different fields. You should also talk numbers with people who work in similar domains. Remember that job interviews are about determining your knowledge and fit. Naming a market-range salary makes you a more feasible candidate — and it also shows your industry savvy.

On the day of your interview, expect to be asked about your expectations. Should discussing money make you antsy, practice beforehand. Determine if there is any outstanding information you need — like whether your compensation package will include benefits or perks — and ask all relevant questions before citing your rate. Make sure you're comfortable with the bottom end of your scale.

Despite careful prep, many job hunters will be offered salaries that fall well below their expectations. When faced with weak wages, assess the position's non-monetary value. Are there growth opportunities within the company? Will you be learning significant new skills or making valuable connections? A solid salary is just one element to fulfilling work.

THE NUMBERS

Keep it narrow

While it's smart to propose a range in your salary expectations, don't make it too wide. $45 to $50K suggests flexibility; $30K to $60K suggests you're flinging digits with no concept of your own worth.

Start saving for those rainy days

BUDGETING

Forget credit: An emergency fund means cash in the bank

MONEY MATTERS
Gail Vaz-Oxlade
gailvazoxlade.com

How long could you go without a paycheque? If you were to get sick, or if someone you loved needed to be cared for, how long would you last on what you've got sitting in the bank? If you were downsized, rightsized or wrongly dismissed, how long till the money runs out? If you tripped and fell, broke your wrist, your leg or your back and couldn't work, how long would you last?

As your first line of defence against the unexpected things life will throw at you, an emergency fund is indispensable. Without an emergency fund, you'd have to turn to credit to fill the holes. And, no, a line of credit is not an acceptable emergency fund. It's debt waiting to happen. A true emergency fund is cash in the bank.

If you're thinking, "Unemployment will tide me over," have you ever looked into what unemployment insurance pays? Talk about having to adjust your expectations! And, besides, getting a cheque isn't a sure thing. If you haven't worked enough hours to qualify, you're SOL. And if you hate your job — or the boss ends up chasing you around the desk — and you quit, you're SOL. Whatever reason you may have for "voluntarily" leaving your job, it's unlikely that you'll see a penny. And don't think getting yourself fired is the cure … you likely won't see a penny either, since being turfed for bad behaviour will disqualify you, too. Never mind the fact that no one else will want to hire you. And then there's the EI wait period. Whatcha gonna eat for those many weeks you have to wait for your first cheque?

If you're thinking, "It won't happen to me," wake up! If you honestly believe unexpected bills and misery simply can't come your way, you're delusional. All kinds of things go wrong in life: Lovies get sick, companies go belly up, people die. Hoping for a great life is one thing. Banking on nothing ever going wrong is just plain dumb.

So how much cash in the bank are we talking about? Work towards accumulating six months' worth of essential expenses. When I talk about essential expenses, I'm talking about the most basic costs being covered: rent/mortgage payment, property taxes, utilities, car payment, insurance of all kinds, food, minimum payments on your debt repayment. You can cancel the cable. You can find free fun. And that cellphone? Call and say it's lost and suspend your service!

6 mos.

An emergency fund can help you weather any financial storm. Work toward accumulating six months' worth of essential expenses: rent/mortgage payment, property taxes, utilities, insurance, food, and so on.

> **Hoping for a great life is one thing. Banking on nothing ever going wrong is just plain dumb.**

People often can't wrap their heads around the idea of getting a pile of money together for an emergency. The concept of having enough to cover six months' worth of expenses is just too overwhelming. You've got to break it down into manageable pieces so you don't stop before you even get started.

Take stock of your expenses

List each category of expense you would have to keep covered: rent or mortgage payments, food, medical costs, insurance, child care, car payments, gas. These are your essential expenses: the stuff you must pay to keep the wolves from the door.

Go back over your list and cut out anything you've kept that's not essential to keeping body and soul together. If you've just gone from two incomes to one, you can give up your cable, telephone, entertainment and everything else you wouldn't die without, at least in the short term. Your emergency fund is designed to cover the essentials of life.

Now write in the average monthly amount for each of your essential emergency expenses. Then put six check boxes beside the amount.

Pick the first expense you want to have covered. Let's go with shelter for our example, and say you need $1,800 to cover your rent or mortgage payment.

How much can you save every month? Open up a high-interest savings account and have the amount you've decided on deducted from your regular account to this account every month. When you've got your first $1,800 in your emergency fund savings account, you're going to put a check mark in one of your boxes. There. You've done it. One month's worth of shelter money at the ready, just in case.

A final warning: Some people, having accumulated a healthy emergency fund, have a problem with the concept of the money just sitting there. Once they've built up a couple of thousand dollars, they start thinking of that money as spendable. The vacation becomes a "sanity emergency." The replacement windows become a "home emergency." They run up their credit cards and that becomes a "debt emergency." They find a way to rationalize spending the money because the idea of having that money sitting there is so foreign to them.

Don't fall into this trap. Remember, your emergency fund is all that stands between you and destitution!

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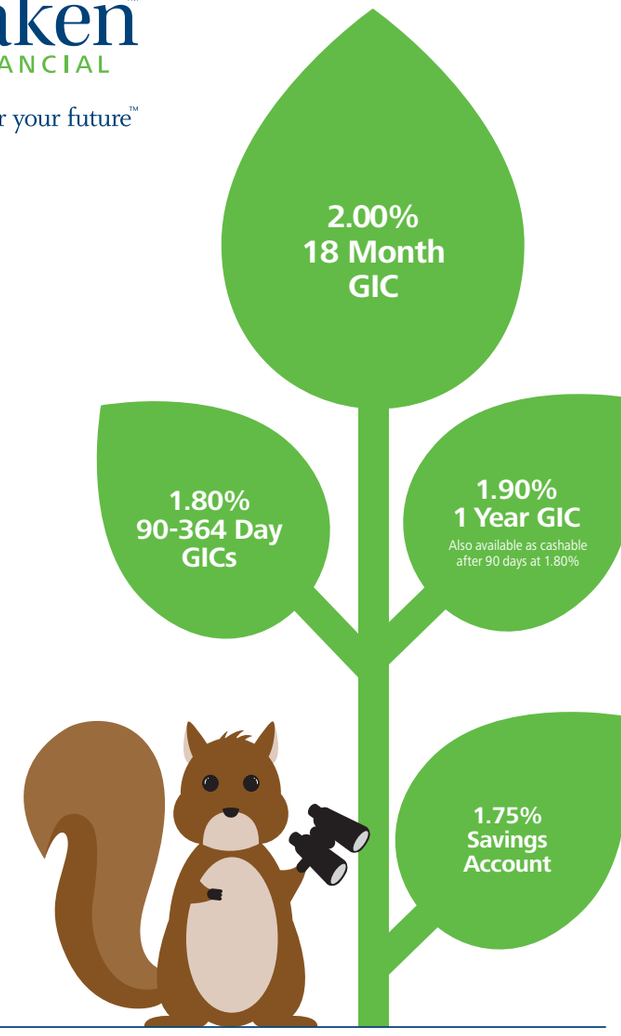

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Brit Morin runs a website devoted to domestic projects, from etched glass tumblers to a balloon backdrop. GETTY IMAGES

Today's homemakers are rewriting the rules

DIY HOW-TO

Homespun projects have become huge among the hip

Meghan Poole
Metro in New York City

These days it's hip to be a homemaker. Turn to any lifestyle blog or site like Pinterest and you'll find savvy 20-somethings and 30-somethings whipping up gorgeous recipes and tending to their gardens.

"We're rewriting the rules," explains Brit Morin, founder of Brit + Co., an online "destination for the DIY generation."

"Many of our grandmothers didn't have the option to have a career. Then our mothers felt a lot of pressure to invest all of their time and energy in their careers. For our generation, we're lucky to have a choice. It's OK to do both, and many of us want to do both."

For those of us wanting to ace it at work and bake a cake from scratch at home, Morin's new book, Homemakers: A Domestic Handbook for the Digital Generation, helps bridge the gap between plugged-in career girl and domestic diva. She shows us how.

> **Modern homemaking is putting your own personal spin on the concept of creating a home and pursuing your interests.**
> Brit Morin, founder of Brit + Co.

Need inspiration? Look no further than your web browser.

"We have access to an incredible amount of information very quickly — take advantage of that," says Morin. "Just as technology has impacted the way we communicate and the way we buy things, it has also transformed the home."

One project she loves is the wireless charging nightstand.

"I love incorporating technology into the home in a seamless fashion," she says.

Everyone is always busy, but your lack of free time shouldn't scare you away from pursuing creative projects. "Homemaking doesn't have to be about spending all of your time at home. You can add personality into your home with small creative projects," Morin says.

Two time-friendly DIYs she recommends are the etched glass tumblers and the balloon backdrop.

"You wouldn't expect glass etching to be as easy as it is," she says. "Plus, these make the perfect personalized gift."

As for the balloon backdrop, "It's one of my favourite party tricks," says Morin. "Simply blow up a bunch of balloons, string them together using fishing line and hang them up in rows on your wall using painter's tape. Simple as that!"

As much as we rely on technology, Morin believes we need to unplug, too.

"Carve out time each week to completely disconnect and get creative," she says. "At Brit + Co we actually take one day each quarter to learn a new creative skill — we call it Creativity Day. People have learned everything from woodworking to cheese making.

"Modern homemaking is putting your own personal spin on the concept of creating a home and pursuing your interests, and for everyone that's a bit different," Morin says.

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Customers try on an Apple Watch in Milan, Italy on Friday. The new technology means more bite-size news being directed at readers, say media analysts. JACOPO RAULE/GETTY IMAGES

A glance towards the future of journalism

APPLE WATCH

The New York Times, Yahoo ready bite-size news platforms

With the Apple Watch expected to sell in the millions, news organizations are refocusing their efforts to become part of that tiny screen.

In the news business, this is now called "glance journalism."

The Apple Watch, expected to catapult to the leading item in wearable technology, opens up new possibilities to a news industry seeking to connect with audiences in the digital era.

The New York Times says its app for the Apple Watch will be "a new form of storytelling" and that "editors on three continents" will update notifications. Readers will be able to "hand off" an article to view on an iPhone or iPad.

Yahoo will have four apps for the Apple device, including a news digest updated hourly with "microsummaries" of major stories, as well as apps for fantasy sports, weather and one specifically for Hong Kong news.

CNN and National Public Radio also have apps for the Apple Watch, and others are expected to follow. The new technology means more bite-size news being directed at consumers, say media analysts.

"We are about to enter the era of at-a-glance journalism'," says Mario Garcia, a consultant with Garcia Media and faculty member at the Poynter Institute for Media Studies, in a blog post.

Garcia, who is also participating in a research project on news for smartphones with Aarhus University of Denmark, said he is "fascinated" with the possibilities.

"It is more difficult to pull an iPhone out of one's pocket or a purse in a crowded New York City subway than it would be to glance at one's watch," he said.

"So, I predict that we will be doing a lot of glancing, as in reading seductive headlines and deciding if we read or not."

The emergence of wearables offers a new platform for the news media — one that is fast, personal and always on, says Robert Hernandez, who teaches mobile journalism at the University of Southern California.

"The ability to access knowledge will be quicker with the watch." For newsrooms, it is "a new opportunity to be part of this person's body," Hernandez said.

And journalism will find a way to use the smartwatch, he said: "When Twitter came out, people were saying 'You can't do journalism in 140 characters,' but it has now become an essential tool." AFP

APPS REVIEWS PICKS FOR THE WEEK

MIND THE APP

Kris Abel
@RealKrisAbel

The latest gore-filled edition of a gaming classic amongst other gems — check out our picks for this week's best downloads.

VIDEO GAME

Mortal Kombat X

- PS4/Xbox One/PC
- Rating: Mature 17+

With fatalities from face eating and disembowelment, this tenth entry is the goriest of the franchise. Yet its fighting is accessible, its characters diverse, and its dense story is really good-humoured.

EBOOK

Very Good Lives

- By J. K. Rowling
- Kindle/iBooks/Kobo

Rowling's Harvard commencement address on failure and imagination was written to be spoken so this text uses poetic illustrations to visualize the expressive nature of her voice.

FITNESS

Lazy Monster

- iPhone
- Free

This may be a seven-minute workout, with no tracking or customization, but it stars an encouraging monster who gives clear instructions for a range of home exercises to a very upbeat soundtrack.

PHOTOGRAPHY

Roll

- iPhone
- Free

By connecting your phone to your friends' phones to share camera rolls, you can see what your friends are up to while sharing your own selected photos with a simple swipe of the screen.

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metro SPORTS

Eugenie Bouchard lost both of her singles matches in Canada's loss to Romania in Fed Cup World Group action

Flames crush Canucks for lead

NHL

Game 3 continues bitter series with penalties

GAME 3 On Sunday

4 2

Cam Tucker
Metro | Vancouver

Sam Bennett scored his first NHL goal in the Calgary Flames' 4-2 playoff win over the Vancouver Canucks on Sunday.

Defenceman T.J. Brodie contributed a goal and an assist, with Brandon Bollig and Sean Monahan also scoring goals as Calgary took a 2-1 lead in Western Conference quarterfinal series.

Goaltender Jonas Hiller made 23 saves for the Flames, who were hosts of an NHL playoff game for the first time since April 27, 2009.

Shawn Matthias and Jannick Hansen countered for the Canucks, with Eddie Lack stopping 23 shots in the loss.

Game 4 is Tuesday at Scotiabank Saddledome before the series returns to Vancouver for Thursday's Game 5.

Bennett, 18, scored what turned out to be the eventual winner at 2:14 of the third period when he made it 3-1.

The fourth-overall pick in the last year's NHL draft scrambled to the net on Joe Colborne's sharp-angled shot and slipped the rebound by Lack.

It was Bennett's first game at Scotiabank Saddledome since he saw action in a pre-season game Oct. 2. He underwent shoulder surgery later that month.

He re-joined the Flames in time to make his NHL debut and record an assist in Calgary's regular-season finale. Bennett played in both playoff games in Vancouver.

With Canucks defenceman Yannick Weber serving a goaltender interference penalty and teammate Dan Hamhuis joining him in the box for an illegal check to Bennett's head, Monahan scored his first NHL playoff goal on Calgary's two-man advantage at 14:36.

Hansen pulled the visitors within two goals with a snap shot that beat Hiller at 17:41.

Calgary opened the best-of-seven series with a 2-1 win, but fell 4-1 in Game 2 at Rogers Arena. That second game in Vancouver ended with a line brawl and 132 minutes in penalties assessed.

The animosity re-surfaced in a scoreless second period Sunday with jawing, face-washing and shoving after whistles.

Calgary forward Johnny Gaudreau skated to the bench in pain after he chopped across the arms by Hamhuis, but continued to play and assisted on Monahan's goal.

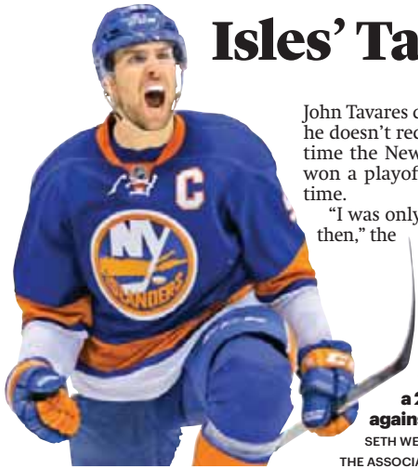
Flames defenceman Kris Russell and Canucks forward Alex Burrows fought with a minute 25 seconds remaining, followed shortly after by a scrap between Calgary's Michael Ferland and Vancouver's Kevin Bieksa.

The hosts led 2-1 after the opening period on Brodie's go-ahead goal at 15:02.

A ferocious forecheck and screens courtesy of the line of Bennett, Colborne and Mikael Backlund gave Brodie the time and space to tee up a slapshot from just inside the blue-line and beat Lack high stick side. THE CANADIAN PRESS

Jonas Hiller of the Calgary Flames stops the shot of Bo Horvat of the Vancouver Canucks in Game Three of the Western Quarterfinals during the 2015 NHL Stanley Cup Playoffs at Scotiabank Saddledome Sunday in Calgary, Alberta, Canada.
DEREK LEUNG/GETTY IMAGES

Isles' Tavares makes quick work of Capitals in overtime



John Tavares scored in overtime on Sunday to give the Islanders a 2-1 series lead against the Capitals.
SETH WENIG/
THE ASSOCIATED PRESS

John Tavares can be excused if he doesn't recall the previous time the New York Islanders won a playoff game in overtime.

"I was only three years old then," the Islanders' captain said, when informed it's been 22 years since that happened.

He'll certainly remember this one.

After winning the overtime-opening faceoff, Tavares scored 15 seconds into the extra period to seal a 2-1 win over the Washington Capitals in Game 3 of their first-round playoff series on Sunday.

With the crowd in Uniondale, N.Y., chanting "MVP! MVP" Tavares provided the Islanders a 2-1 series lead.

And he became the first Islanders player to score a playoff overtime goal since David Volek did in Game 7 of a second-round 4-3 win over Pittsburgh on May 14, 1993.

New York had lost its previous six overtime playoff games.

Tavares' tally was the second-fastest playoff overtime goal in Islanders history. J.P. Parise scored in 11 seconds on April 11, 1975, in the franchise's first post-season game decided in OT.

Game 4 is at Long Island on Tuesday.

Blackhawks 4, Predators 2

Jonathan Toews had a goal and an assist, and the Chicago Blackhawks used a three-goal second period to beat the Nashville Predators for a 2-1 lead in their first-round playoff series.

Marian Hossa had two assists and Scott Darling made 35 saves to help Chicago win for the 20th time in its past 24 post-season home games. Brandon Saad, Brent Seabrook and Andrew Desjardins also scored in an impressive response by the Blackhawks after Friday night's 6-2 loss in Nashville.

Game 4 takes place Tuesday in Chicago.

Canadiens 2, Senators 1

Dale Weise scored twice — including in overtime — as the Montreal Canadiens beat the Ottawa Senators 2-1 to take a 3-0 lead in their first-round series.

Weise also scored for the Canadiens with 5:47 remaining in the third period to force extra time.

Clarke MacArthur opened the scoring for the Senators at 11:28 of the first period.

Montreal dominated at times in the second and third periods, outshooting Ottawa 31-15 through the final 40 minutes of regulation.

Game 4 goes Wednesday in Ottawa. THE ASSOCIATED PRESS

The Cavaliers' LeBron James throws down a dunk for two points on Sunday. JASON MILLER/GETTY IMAGES

Cavs staked to early lead

NBA PLAYOFFS

Cleveland's Big 3 leads the way in series opener against Boston

More than an hour after his first playoff game with LeBron James and Kevin Love, Kyrie Irving made a statement more profound than anything he did on the floor.

"We," Irving said, "are the Big 3. We have really great players on this team, but we set the tone."

Tone set.

Irving scored 30 points in his playoff debut, James added 20 in his first post-season game with Cleveland in five years and Love shook off a slow start to record a double-double, leading the Cavaliers to a 113-100 victory in Game 1 over the Boston Celtics on Sunday.

Irving made five three-pointers and Love, another post-season rookie, added 19 points — 13 in the second half — and 12 rebounds

James was proud of how his teammates handled their first venture onto the playoff stage.

"They were phenomenal," he said. "Those two guys, they succeeded for the first time being in the post-season."

Hawks 99, Nets 92

Kyle Korver scored 21 points, including five three-pointers, and the top-seeded Atlanta Hawks held off the pesky Brooklyn Nets in Game 1 of their series.

The Hawks led nearly the entire game and pushed the margin as high as 16 points, but the Nets kept coming back.

THE ASSOCIATED PRESS

MLB

Blue Jays rookie has rough game

Dalton Pompey shouldered the blame Sunday for the Toronto Blue Jays' 5-2 loss to the Atlanta Braves.

The rookie centre-fielder from Mississauga, Ont., figured in four of Atlanta's runs. He misplayed Jonny Gomes' first-inning fly ball with the bases loaded that resulted in a three-run double. Then in the third, Pompey's throwing error brought Freddie Freeman home for the Braves' fourth run.

"We lose that game because I don't make that play, and I take full responsibility for that," said Pompey, who began his availability by apologizing to Toronto coaches, players and fans.

"I kind of stopped for a second and broke back and the ball started to slice back to my reverse side and I couldn't make the adjustment in time.... I should've been playing deeper in that situation but I wasn't.

The Jays' Dalton Pompey misplays a ball that led to the Braves scoring three runs Sunday in Toronto.
TOM SZCZERBOWSKI/GETTY IMAGES

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RECIPE Baked Mac 'n Cheese

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 20-25 minutes

Directions

1. Preheat the oven to 425°F. 2. Whisk together the flour, stock and milk in a saucepan until smooth. Place over medium heat and cook, whisking constantly, for about 3–5 minutes or until the mixture is hot and thickened. Stir in the 3/4 cup cheddar and Parmesan cheeses and the mustard. Cook until the cheese melts, about 1 minute. Remove from the heat.

2. Meanwhile, bring a large pot of water to a boil. Add the macaroni and cook for about 8–10 minutes, until tender but still firm. Drain well and place in large oven proof skillet. Add the cheese sauce and chicken and toss to combine.

3. To make the topping, combine the breadcrumbs, Parmesan and oil in a small bowl. Sprinkle evenly over the macaroni and top with ¼ cup cheddar cheese.

4. Bake in the center of the preheated oven for 10–15 minutes or until the filling is hot and the top is golden. Garnish with the parsley and serve right out of pan.

Ingredients
- 2 Tbsp all-purpose flour
- 3/4 cup chicken (or vegetable) stock
- 3/4 cup canned evaporated milk (2%)
- 3/4 cup shredded aged light cheddar cheese
- 3 Tbsp grated Parmesan cheese
- 1/2 tsp Dijon mustard
- 1 3/4 cups elbow macaroni
- 3/4 cup diced cooked chicken topping
- 3 Tbsp seasoned dry breadcrumbs
- 1 Tbsp grated Parmesan cheese
- 2 tsp olive oil
- 1/4 cup shredded aged light cheddar cheese
- 3 Tbsp chopped parsley

Nutrition per serving
- Calories 321 • Protein 25 g
- Carbohydrates 37 g
- Fibre 1.6 g • Total fat 9 g
- Saturated fat 3.9 g
- Cholesterol 41 mg
- Sodium 391 mg

PHOTO: ROSE REISMAN

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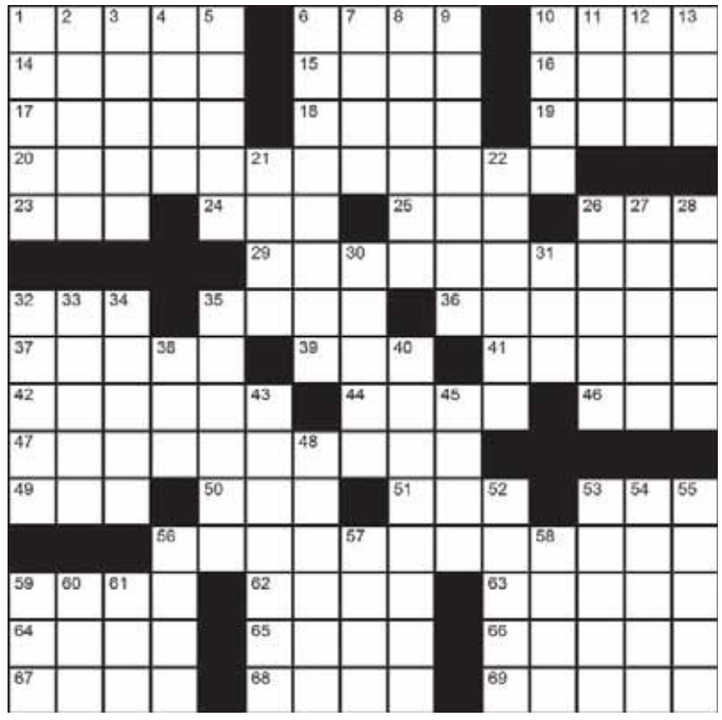
BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS
1. Casually converses
6. Mil. ranks
10. Optimism
14. Shack
15. Jai's usual follower
16. Sacred bird of ancient Egypt
17. Marketplace of ancient Greece
18. Variety
19. Does a 'Thou shalt not'
20. Hot trend in horticulture: 2 wds.
23. Abolish
24. :(
25. "__ _ Slave 4 U" by Britney Spears
26. A fox is this
29. Thoroughfare (spelled out here) in Langley, BC that runs alongside the U.S. border: 2 wds.
32. Energy
35. Casino game
36. Antique finish
37. Blow _ __ (See red)
39. "__ Wiedersehen!"
41. Green stones
42. Lap the other track racers again
44. Tepid
46. East: French
47. Name of Michael Snow's soaring Canada Geese artwork in the Toronto Eaton Centre: 2 wds.
49. MLB's Cardinals, on scoreboards
50. German 'I'
51. _-Tac-Toe
53. Bread roll variety
56. Theme of the Royal Tyrrell Museum in Drumheller, AB
59. Be open-wide
62. "Deal __ __ Deal"
63. Car polishing person
64. Mr. Clapton
65. _ the crack of dawn: 2 wds.
66. www mag
67. "Star __"
68. 'Great' dog breed
69. Leases

DOWN
1. Fray
2. Wrestling Hulk
3. Cold shoulder it
4. The Yukon, e.g.
5. Finishes off, Knight-style
6. Newfoundland town; or, Jan & Dean's "The Little Old Lady from __"
7. Madrid 'flower'
8. Fitness routine component
9. Guide for visitors to a web page
10. Disapproving noise
11. Fabric belt
12. ATM-user's code
13. 'Host' suffix
21. Fixed stare
22. "__ Rug" by Victoria-born singer Ian Tyson
26. Catty
27. Montreal 'moons'
28. Leavening agent
30. Awaken
31. In-flight info, for short
32. Paper sleeves encircling hot takeout cups of coffee
33. "Because _ __ like it!" (That's why!)
34. Student
35. Ottawa-born singer Ms. Chante
38. U.S. performers' org.
40. Citation below the text
43. "Charlie __. __" (2010) starring Zac Efron
45. BBQ rod
48. Mount Everest professional
52. Retreat in fear
53. Confine: 2 wds.
54. Insurance professional
55. Ceremonial funeral stacks
56. Actor Gregory
57. __ __ even keel
58. Chill out
59. Acquire
60. Get there, briefly
61. Circular dessert

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may not have been serious about a social or political issue in the past but you are certainly serious about it now. You won't rest until you've had your say and made your mark.

Taurus April 21 - May 21
It's not often you splash out on gifts for other people but with the Sun moving into your sign today you are in an optimistic, and therefore generous, mood.

Gemini May 22 - June 21
The next few days could be special for affairs of the heart. But you also have some thinking to do, so set aside an hour or two where you can be alone with your ideas.

Cancer June 22 - July 23
Don't worry too much about trying to impress other people. With the Sun firmly on your side again you will get all the approval you could wish for over the next few days.

Leo July 24 - Aug. 23
Someone who is usually the life and soul of the party is a bit depressed at the moment and you must make it your business to find out what is wrong. Calm their fears and cheer them up.

Virgo Aug. 24 - Sept. 23
One way or another you will get what you want over the next 24 hours. But you will get it quicker and easier if you avoid strong-arm tactics and use charm and persuasion.

Libra Sept. 24 - Oct. 23
The Sun leaves the relationship area of your chart today but that is not an excuse to pay less attention to the one you love. Show a little passion over the next 24 hours.

Scorpio Oct. 24 - Nov. 22
Your instincts are telling you that a calculated risk of some kind could pay off in a big way but do you have the courage to go through with it? Only you can make that decision but make it soon or the opportunity will be gone.

Sagittarius Nov. 23 - Dec. 21
You will be the center of attention for all the right reasons over the next 24 hours. Your wit and your charm will attract others.

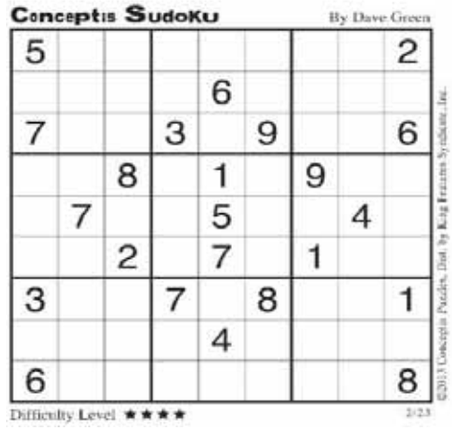
Capricorn Dec. 22 - Jan. 20
Don't push yourself too hard as the new week begins. The Sun's move into the most dynamic area of your chart will fill you with energy and enthusiasm but you need to plan a bit too.

Aquarius Jan. 21 - Feb. 19
Something will grab your attention today and you will be focused on it to the exclusion of everything else. Remember, though, that other people exist as well.

Pisces
Feb. 20 - March 20
The time has come to forgive and forget. The Sun moves on today and so must you – there is simply no point hanging on to disputes that belong in the past.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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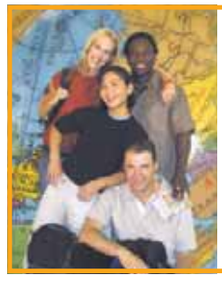
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